

强制控制的创伤和心理健康影响：系统回顾和荟萃分析

The Trauma and Mental Health Impacts of Coercive Control: A Systematic Review and Meta-Analysis

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【摘要】 强制控制是一种尚未得到研究的亲密伴侣暴力 (IPV) 类型。本次综述的目的是 (a) 综合关于强制控制与心理健康结果之间关系的所有现有证据, 包括创伤后应激障碍 (PTSD)、复杂 PTSD 和抑郁; (b) 将这些与涉及更广泛的心理 IPV 类别的关联进行比较。通过对电子数据库 (PsycINFO、Medline、CINAHL、Scopus) 的系统搜索, 确定了测量强制控制与 PTSD、复杂 PTSD、抑郁或其他心理健康症状之间关系的初步研究。符合条件的研究涉及观察设计, 并报告了强制控制与心理健康结果之间的关联。参与者的参与者年龄至少为 18 岁。研究发表在同行评审期刊和英语期刊上, 随机效应荟萃分析用于综合合格研究的相关数据。检索确定了 68 项研究, 其中 45 项研究的数据可纳入荟萃分析。这些表明涉及强制控制和 PTSD ($r = .32$; 95% 置信区间 $[.28, .37]$) 和抑郁 ($r = .27$; $[.22, .31]$) 的中度关联。这些关联与心理 IPV 和 PTSD ($r = .34$; $[.25, .42]$) 和抑郁 ($r = .33$; $[.26, .40]$) 的关联相当。只有一项研究报告了强制控制与复杂 PTSD 之间的关系, 但无法进行荟萃分析。该综述表明, 强制控制暴露与创伤后应激障碍和抑郁有一定的相关性。这突出表明, 那些遭受强制控制的人需要心理保健, 包括基于创伤的心理干预。

【关键词】 强迫控制, 亲密伴侣暴力, 心理侵害, 创伤后应激障碍, 复杂性创伤后应激障碍, 抑郁

[Abstract] Coercive control is an under researched type of intimate partner violence (IPV). The aims of this review were to (a) synthesize all available evidence regarding associations with coercive control and mental health outcomes including post-traumatic stress disorder (PTSD), complex PTSD, and depression; and (b) compare these with associations involving

broader categories of psychological IPV. Primary studies which measured associations of coercive control with PTSD, complex PTSD, depression, or other mental health symptoms, were identified via a systematic search of electronic databases (PsycINFO, Medline, CINAHL, Scopus). Eligible studies involved observational designs and reported associations between coercive control and mental health outcomes, among participants who were at least 18 years old. Studies were published in peer-reviewed journals and English language. Random-effects meta-analyses were used to synthesize correlational data from eligible studies. The search identified 68 studies while data from 45 studies could be included in the meta-analyses. These indicated moderate associations involving coercive control and PTSD ($r = .32$; 95% confidence interval [.28, .37]) and depression ($r = .27$; [.22, .31]). These associations were comparable to those involving psychological IPV and PTSD ($r = .34$; [.25, .42]) and depression ($r = .33$; [.26, .40]). Only one study reported on the relationship between coercive control and complex PTSD and meta-analyses could not be performed. This review indicated that coercive control exposure is moderately associated with both PTSD and depression. This highlights that mental health care is needed for those exposed to coercive control, including trauma-informed psychological interventions.

[Key words] coercive control, intimate partner violence, psychological abuse, PTSD, complex PTSD, depression

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